

Walk With Ease

Experience the Walk With Ease Program

Arthritis Foundation Certified. Doctor Recommended.

BENEFITS TO YOU

Walk with Ease will help you:

- ⇒ Motivate yourself to get in great shape
- ⇒ Walk safely and comfortably
- ⇒ Improve your flexibility, strength and stamina
- ⇒ Reduce pain and feel great

Classes are one hour each. Three times per week for six weeks.



The **Arthritis Foundation Walk With Ease Program** is an exercise program that can reduce pain and improve overall health. If you can be on your feet for 10 minutes without increased pain, you can have success with Walk With Ease.



**Arthritis
Foundation**

JOIN TODAY!!

- Location:** McReynolds Athletic Complex
412 Sports Way, Yorktown, 23692
- Dates:** **September 11- October 28**
Monday & Wednesday @ 6:00 p.m.
Saturday @ 9:00 a.m.
- Register:** **August 14 - September 8**
- Cost:** **FREE**
- Class #** **222020A1**

**SPACE IS
LIMITED.**

**REGISTER
ONLINE TODAY!**

PRT

PARKS, RECREATION & TOURISM



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